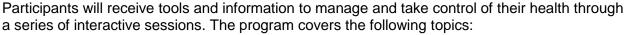May 24, 2019

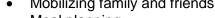# DOH-CITRUS HOSTS SIX-WEEK DIABETES WORKSHOP AT NO COST

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Homosassa, Fla. — Anyone looking to discover fresh, practical ways to manage their diabetes and live a healthier life is invited to attend the Florida Department of Health in Citrus County's (DOH-Citrus) Diabetes Empowerment Education Program from 9:30 a.m. to 12:30 p.m., starting on June 18, at the Homosassa Public Library Conference Room, 4100 S. Grandmarch Ave.

The six-week course is open to the public and provided at no cost on these dates: June 18, June 25, July 2, July 9, July 16, and ends July 23.
Participants will receive tools and information to manage and take control of their health through a series of interactive sessions. The program covers the following topics:

- Diabetes risk factors
- Identification and prevention
- Medications and medical care
- Understanding how the body works
- Mobilizing family and friends
- Meal planning
- Physical activity

"You can manage your diabetes and live a full life," said Carmen Hernandez, DOH-Citrus Community Health Program Administrator. "Making the right, healthy choices will reduce your risk for type 2 diabetes and lead to fewer emergency and hospital visits," said Hernandez.

According to FLHealthCHARTS, the number of emergency room visits due to diabetes in Citrus County has steadily increased since 2011.

"The skills you will learn will become a regular part of your life," said Hernandez. "Together, we will take it one step at a time."

Seats are limited and registration is required. To register, call 352-513-6077 or email Carmen.Hernandez@FLHealth.gov.

For more information about DOH-Citrus, go to www.CitrusCountyHealth.org or follow us on Twitter at @FLHealthCitrus.

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About the Florida Department of Health
The department, nationally accredited by the Public Health Accreditation Board, works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. Follow us on Facebook, Instagram and Twitter at @HealthyFla. For more information about the Florida Department of Health, please visit www.FloridaHealth.gov .